

DANCER DEFENDS HER ART AS AID TO ROBUST HEALTH

Violet Zell Argues in Behalf of Exercise Which She Says Has Tonic Effect if Not Overdone.

"All healthy people should dance the modern dances. Dancing prolongs life; it cures nervousness, it makes one graceful and, above all, it makes people natural, which in many cases counts for more than beauty," said Miss Violet Zell, who has delighted theatergoers with her weird exhibition of "modern dancing burlesque" in "Chin-Chin," at the Forest Theatre.

Miss Zell is considered an authority on dancing by members of the theatrical profession. She has danced virtually all her life, and she has succeeded in making a suitable partner for Fred Stone, and that is "going some," as one of the profession put it.

Weighing only 85 pounds Miss Zell dances as if her limbs were made of India rubber. Fred Stone in the "Dance Poetique" throws her over his shoulder and finally falls over her and people wonder that she does not break in two. She appears as Fan Tan and besides many acrobatic "stunts" her performance is wonderful in many respects.

Miss Zell said yesterday that she had never been sick a day of her life and although she "knocked wood" as she said it, she attributes her remarkably good health to dancing.

DANCING AS A TONIC.

"In the first place," she said, "dancing keeps down the weight. Of course, every one knows that, but I do not think that it makes one thin. It may at first, but like any other healthful exercise, it acts as a tonic and keeps one in fine condition, both mentally and physically, and keeps the weight down to just where it should be.

"Dancing is a natural instinct. Some of the modern dances are practically the kind of primitive dances danced and after all they are natural, and being natural, it is only natural that they should be beneficial.

"The modern dances make one graceful, there is no doubt of that. When you think of it, all people should be graceful. We all start with equal chances, and is there anything more graceful than an infant? In youth we are all graceful, so to speak, and then we acquire an acquired habit that may come from many sources. Will power and determination can make every one graceful, and dancing can be of the greatest help to the will power in reaching the desired goal.

"Many people are ungraceful through self-consciousness or nervousness. We all know the pretty girl who looks like a doll, and we also know that there is nothing graceful about a doll. The good dancer should relax and become perfectly natural, and if the true spirit of the dance is reached any affectation will disappear.

"TOO MUCH OF A GOOD THING. "All healthy people should dance those with weak hearts and other afflictions should see a doctor, but dancing is, without a doubt, the best kind of exercise that there is. Of course, like everything else, it can be overdone. Society girls and others who dance morning, noon and night, in other words, girls who really have the craze to dance all the time, are really doing a very foolish thing.

"Girls who dance continually run the danger of having their bunion joints enlarged and you know how ugly a swollen bunion joint can make the foot look. Moderate dancing may enlarge the feet slightly, but that is quite natural.

DANCERS LONG-LIVED.

"Dancers live longer than other people. I think I remember an old lady who taught me. I have heard that she was an old woman more than 20 years ago, and she must be near 80. Even today she can do the most graceful steps. Many famous dancers have lived to a very old age.

"Society people who really have the dance craze should take plenty of sleep. Dancing puts one in such good physical condition that we get to the stage where we no longer feel tired. Nevertheless, plenty of sleep is absolutely necessary. Theatrical people seem to keep their youth longer than others. That is a well-known fact, and goodness knows they have to work hard enough at that.

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